

# Harissa-Spiced Chicken

This is a 4-portion dish.

## Required Ingredients

- 500g Chicken
- 1 Cup of Rice/Couscous
- 1 Onion
- 1 Hothouse tomato
- 110g spinach
- 8 Tbsp Mayonnaise
- 2 Tbsp Harissa Spice
- 2 Tbsp Margarine
- 2Tbsp White Wine Vinegar
- 1-1/2 Tbsp Honey
- 1/2 Tbsp Garlic Powder
- 1/4Tbsp Dill

## Directions

- Preheat broiler to High
- Cut Onion into 1/4-inch pieces
  - Add Onion and Margarine to medium pot over medium heat
  - Cook for 2-3 minutes, until softened
  - Add 1Tbsp Harissa spice
  - Cook rice/couscous as per directions, keeping Onions in the pot
- Pat Chicken dry
  - To a large bowl, add Chicken, remaining Harissa spice, and Honey
  - Toss to coat
  - Place chicken on a parchment paper lined baking sheet
  - Broil chicken on middle oven rack for 6 minutes per side
- Cut Tomato into 1/2 inch pieces
- Add all ingredients into a large bowl, and mix
- Bowl and serve!

---

Revision #2

Created 28 June 2025 20:34:09 by Admin

Updated 14 March 2026 13:05:52 by Admin